Good Health **House Call**

This week we speak with Dr. Moacir Schnapp about Pain Management

Q **I'm 50 years old. It seems that all of my friends have started complaining about neck pain, back pain, or both. How prevalent are these problems? What can be done about them?**

A Low back and neck pain are the most common types of painful ailments affecting adults of any age. They strike millions of Americans and cost billions of dollars in medical care and lost productivity. Only a minority will have demonstrable cause for the pain, and most will improve with time and good sense. However, when pain is persistent and interferes substantially with daily activities, more aggressive care is warranted.

Many tools are available to the physician treating this type of pain; the most current NSAIDs, medications that are meant to treat both depression and pain, nerve blocks, surgeries and, in some cases, pain pills. One of the best, and often neglected, forms of treatment is the use of exercises that increase strength, flexibility and stamina. A patient's search for instant relief gets in the way of a methodical program that may provide long-term benefit. Rarely does a person suffering from spine pain find maximum improvement without the aid of exercises, with or without other modalities of physical therapy.

The good news for you and your friends is that a sensible exercise program, with appropriate care from your physician when you have a persistent pain, can really make a difference.

Moacir Schnapp, M.D.

Moacir Schnapp, MD came to Memphis from Sao Paulo, Brazil in 1979 and began working with Dr. Kit S. Mays. They continue their thirty year collaboration at the Mays and Schnapp Pain Clinic and Rehabilitation Center, treating patients who suffer from chronic pain with a true multi-disciplinary approach. The clinic, the only CARF certified outpatient pain management clinic in the Mid-South, is located at 55 Humphreys Center Drive, Suite 200, Memphis, 38120. For more information call 901-747-0040.

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A medical publication of The Commercial Appeal

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